



SAHA is the exceptional, holistic wellbeing programme at The Oberoi, Marrakech.

A magical Moroccan setting and an atmosphere of serenity provide the perfect environment to achieve your wellbeing potential and experience the joy of slow living.

The word ‘SAHA’ in Arabic literally translates to ‘health’ in English and is colloquially used in North Africa to mean “may everything you do, bring you good health”. This is usually accompanied by a warm smile; an expression of the belief that ‘SAHA’ is truly a connection between health, hygiene, nutrition and wellbeing, as a positive way of life.

At The Oberoi, Marrakech, we celebrate wellness by integrating ‘SAHA’ in every experience we offer our guests; whether it be food, a good night’s rest, walking through our gardens or activities for the body and soul.

We endeavor to enhance every aspect of our guests’ stay through subtle touches, making every cherished moment with us a healthier and more fulfilling experience.

At The Oberoi, Marrakech, the holistic approach is omnipresent. Authentic Moroccan decor and a serene atmosphere are punctuated by discreet, intuitive service that demonstrates our commitment to our guests’ health and wellbeing.

FOUR KEY CORNERSTONES DEFINE SAHA:

Soul & Spirit.

Discover inner peace. Try yoga, pranayama, meditation, Qi Gong, reading in our library, working with our gardeners, mindfulness activities, star gazing, our sleep therapy programme and much more.

Active Body.

Keep fit. Try dynamic fitness activities, cycling through our gardens, tennis on our clay court, hiking in the Atlas Mountains or golf at your choice of three nearby world-class golf courses.

Holistic Treatments.

Rejuvenate. Try spa therapies, traditional Moroccan Hammam rituals and personalised treatments that use 100% natural Alqvimia products.

A Better Plate.

Eat well. Our consultant nutritionist provides personalised wellbeing and nutrition advice and works with our Executive Chef to design recipes using the best Moroccan ingredients and traditions. We also use herbs, olive oil and vegetables from our very own potager.

SAHA – Unique Offerings

Sleep Therapy Programme.

Sleeping well is integral to a healthy lifestyle and a good holiday. We help our guests achieve this by creating the right setting. From a Posturepedic mattress to a signature pillow menu, setting up the room in the best way to ease our guests into sleep, relaxing teas and amenities, a sleep monitoring machine and aromatherapy pillow sprays for quality rest.

ALQVIMIA Methodologies.

Kinesiological Diagnosis:

Before choosing an ALQVIMIA experience, be it buying a spa product or booking a spa appointment, it is important to know our guest's energy polarity, so we can determine the real needs of their mind and body. Yin? Yang? Or Yin-Yang mix?

We use ALQVIMIA's unique method of kinesiological diagnosis to define our guests' yin-yang polarity and recommend the best products and services for them at that time. We can evaluate their energetic state, discover imbalances and treat them with alchemical formulations, spa therapies and rituals.

Every time our guests visit The Oberoi Spa, they can ask our therapists for a free general polarity test to understand which product or service they require at that precise moment.

Biological Age Test:

The Biological Age Test uses kinesiology to determine our guests real age, in accordance with their body's health. It also allows us to determine the effects and results gained from our anti-aging treatments.

The Alchemical Moxa:

The 2nd chakra (*swadhisthana*, the sacral chakra) is located in the lower belly. It governs creativity, emotions, sensuality and the reproductive system. By using the Alchemical Moxa we will stimulate this area, boosting circulation and energy flow to your creative centre.

Eternal Youth Ritual (120 mins)

The Eternal Youth Ritual is an exclusive and luxurious facial and corporal treatment which, thanks to its exclusive high-quality formula, will help our guests achieve holistic harmony in their body, mind and soul, and restore a youthful look to the skin. The Eternal Youth Ritual includes a Biological Age Test and Alchemical Moxa.

Signature Dhara (75 mins)

This therapy features ancient Indian traditions and offers the most effective combination of Eastern and Western spa therapies to soothe the senses, restore vitality and revive the spirit. Our signature Dhara is a gentle stream released on to the forehead, activating the third eye and easing deep-seated tensions. After a full body massage, the therapist pours warm water in a continuous stream over the forehead or 'ajna marma', an area where nerves are highly concentrated. The flow of the water onto the forehead creates a vibration and soothing warmth that allow the body, mind and nervous system to experience a deep state of rest, similar to meditation.

Horse Whispering

A true expert in extra sensory communication, horses can read their environments and decode non-verbal signals. Hypersensitive and endowed with emotional and relational intelligence, they react spontaneously and instantly, acting as an emotional barometer, or a mirror that reflects our emotional being. Horse whispering helps us understand ourselves better. This is an external activity run by our partners Horse Connect Concept.

A Better Plate

The philosophy behind our “A Better Plate” programme is that there should be no discrepancy between eating well and eating for overall health. Our consultant nutritionist Magalie Paillard and Executive Chef Cédric d'Ambrosio have worked together to present opportunities for you to enjoy the highest quality food, wholefoods, local produce and ingredients from our own potager. We aim to provide you with every opportunity to eat well, should you wish to do so.

The dishes showcase an array of different seasonal vegetables & fruit, fresh herbs, spices, legumes, quality animal protein, healthy fats & complex carbohydrates. The cooking style of ‘A Better Plate’ dishes focuses on simplicity, taste & tradition.

PERSONALISED STAYS: to regenerate body and mind

To fully enjoy the SAHA experience, we offer overnight packages that can be customised to suit individual needs. For those in search of a healthier vacation experience, fitness, weight management and improved sleep quality.

Embrace a Better Lifestyle: From 3 to 7 nights.

For guests who want to improve their overall wellbeing or take some time out to relax while learning healthier lifestyle habits.

Embrace a Better Shape: From 5 to 7 nights.

A weight management programme designed to help guests achieve their ideal weight in a healthy, progressive and balanced way, with help and advice from our nutrition and wellness consultants, as well as personal trainers.

Embrace a Better Sleep: From 3 to 5 nights

Guests will rediscover the benefits of restful sleep, an essential aspect of wellbeing. A lack of restorative rest, both mental and physical, has a direct impact on well-being and quality of life.

---These programmes are available on half board or full board

---The programmes are personalised according to individual needs

SAHA Package Inclusions:

- Pre-arrival contact with our Spa Manager to discuss and design the wellness experience
- Arrival and turndown amenities from “A Better Plate” programme
- Arrival and pre-departure consultation with our consulting nutritionist Magalie Paillard and resident fitness coach (varies according to the selected package)
- Specially designed menus by our culinary team
- Personalised schedule of activities and therapies
- Polarity and Biological tests
- Sleep therapy setup
- Special reading material on wellness and mindfulness in the accommodation - Post departure contact with our team for progress on lifestyle, recipes etc.

About Magalie Paillard - Consulting Nutritionist

Magalie Paillard is a nutritional therapist, naturopath and accredited well-being coach, with over 15 years’ experience across several countries and several acclaimed hotels.

Magalie has been working closely with our culinary team to develop ‘A Better Plate’ for balanced, nutritious and healthier dishes that use the best ingredients and cooking traditions Morocco has to offer.

She also informs our wellness packages, and wellbeing and nutrition coaching sessions.

<https://www.magalipaillard.com/>